

LEAD POISONING

New Hampshire
HEALTHY HOMES
& Lead Poisoning Prevention Program



LEAD IN THE ENVIRONMENT

Lead in Soil

Ways To Reduce Lead In Soil

Focus on these risk areas when looking for lead in your soil.

Play Areas

- Keep play areas away from structures with lead paint
- Cover bare dirt & play areas with ground cover
- Provide a clean sandbox for children

Vegetable Gardens

- Replace top 10" of soil with clean soil
- Keep soil moist to limit dust
- Scrub any vegetables grown in the garden before eating
- Keep soil from being too acidic
- Wear gloves when working in soil

Drip zone

- A drip zone is the 3-foot area that surrounds the house
- A drip zone usually has the highest levels of lead because of exterior paint chipping and falling
- Remove the top 10" of drip zone soil
- Plant shrubs right around the house to keep kids out of the drip zone
- Fence up the area or cover with landscape fabric and mulch

Walkways

- Lead contaminated dirt from walkways can be brought into the home
- Cover dirt walkways with gravel, stone, brick, or concrete

LEAD IN SOIL IS A PROBLEM

The only way to know if there is lead in your soil is to get it tested

Most people think of old paint when they hear about lead poisoning, but lead in soil can also be harmful to children. Lead in soil comes from flaking paint, years of factory pollution and leaded gasoline in cars. Lead arsenate was also used as a pesticide in orchards. When lead gets in soil it does not wash away or dissolve; it lasts forever.

RISKS FOR YOU AND YOUR FAMILY

You can be exposed to lead in soil in many ways



- Children often play in soil and mud, and may put leaded dirt in their mouths, hands & faces
- People bring in lead from outside on their shoes
- Pets can bring home leaded dirt on their fur & paws

PROTECTING YOUR FAMILY

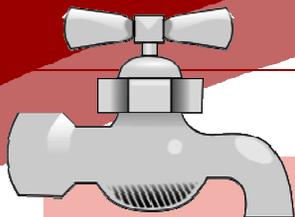
lead in soil is dangerous and can enter your home

- Choose plants, shrubs, and ground cover that will keep children away from bare soil
- Place a rug at each entry door to stop dirt from tracking in
- Take shoes off at the door
- Wash hands and fingernails after playing outside
- Wash yard toys before bringing them inside, or just leave the yard toys outside
- Wipe pets off when they come inside
- Park cars on a paved area or in one place, as parking cars in the yard stops grass from growing, which creates dirt and dust



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Limit the Risk

Lead rarely found in the public drinking water supply, and is mostly likely entering your water because of pipes and plumbing in your home.

- Use only cold water for cooking and drinking
- Never use hot water from the tap for cooking baby formula
- Never boil water to remove lead. Boiling water may cause the lead to become more concentrated
- Use filtered or bottled water if necessary
- If you use a water filter, make sure it is certified to remove lead by the NSF International
- Replace home plumbing parts containing lead
- Make sure repairs to pipes do not use lead solder
- Make it a habit to run the water at each tap before use
- Keep children from drinking water out of hoses, as vinyl in hoses may contain lead

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Lead in Water

SOURCES OF LEAD IN WATER

Lead can enter your water through pipes

Lead pipes were commonly used until the 1940's. Lead solder was used in pipes until 1986. It is still found in the pipes of many older homes. In an old home with lead pipes and solder, this lead can get into your water and be ingested by you and your family.

TESTING

You can not see, smell, or taste lead in your water

The only way to know if lead is in your water is to have it tested. If you want to test your home's water supply for lead, contact the NH Dept of Environmental Services Lab at (603)-271-3445. Lead can enter water through home sources such as:



- Wearing down of pipes, faucets, fittings & solder
- Brass & chrome-plated faucets
- Old claw foot tubs

If your test is positive for lead, make sure to remove such sources of lead contamination immediately.

WHAT YOU CAN DO

Flush your pipes

- When water is not used for 6-8 hours it can absorb lead from the water tank and pipes
- Make sure to let cold water run for at least 30 seconds to 1 minute before using water that has sat for a long time
- For hot water, let water run another 45 seconds after the water has heated up

Use a filtration system

- Filter drinking water using a faucet or pitcher filter
- Sediment filters do not remove lead

